

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010

T h i a m i n																												
----- <i>All Individuals</i> ⁶ ----- ----- <i>Supplement Users</i> ⁷ ----- ----- <i>Non-users</i> ⁸ -----																												
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement thiamin ⁹		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food											
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)								
Under 131% poverty:																												
2 - 19.....	6	(1.2)	1422	1.53 (0.048)	0.25*(0.096)	1.79 (0.103)	75	1.47 (0.115)	3.90*(1.462)	5.37 (1.487)	1.54 (0.048)	20 and over.....	15	(1.4)	1720	1.56 (0.029)	2.66*(1.364)	4.22*(1.364)	249	1.52 (0.064)	17.55*(9.002)	19.08*(9.018)	1.57 (0.035)					
2 and over...	12	(1.1)	3142	1.55 (0.023)	1.84*(0.906)	3.40 (0.903)	324	1.51 (0.064)	15.12*(7.585)	16.63*(7.592)	1.56 (0.027)																	
131-185% poverty:																												
2 - 19.....	9	(3.5)	399	1.39 (0.040)	0.18*(0.070)	1.56 (0.075)		--	--	--	1.38 (0.045)	20 and over.....	17	(2.1)	728	1.54 (0.049)	1.08 (0.225)	2.62 (0.239)	125	1.75 (0.150)	6.42 (1.247)	8.17 (1.182)	1.50 (0.053)					
2 and over...	15	(2.0)	1127	1.50 (0.036)	0.84 (0.170)	2.34 (0.175)	154	1.70 (0.134)	5.72 (1.011)	7.43 (0.957)	1.47 (0.042)																	
Over 185% poverty:																												
2 - 19.....	12	(1.3)	1169	1.57 (0.052)	0.28*(0.085)	1.84 (0.096)	123	1.58 (0.079)	2.30 (0.676)	3.88 (0.644)	1.56 (0.057)	20 and over.....	32	(1.7)	2694	1.71 (0.024)	3.71 (0.501)	5.43 (0.507)	807	1.76 (0.045)	11.59 (1.352)	13.35 (1.361)	1.69 (0.025)					
2 and over...	28	(1.3)	3863	1.68 (0.018)	2.98 (0.403)	4.66 (0.405)	930	1.74 (0.042)	10.73 (1.281)	12.47 (1.286)	1.66 (0.022)																	
All Individuals ¹⁰:																												
2 - 19.....	10	(0.7)	3268	1.54 (0.036)	0.25 (0.055)	1.79 (0.055)	254	1.56 (0.066)	2.49 (0.494)	4.05 (0.475)	1.54 (0.035)	20 and over.....	26	(1.3)	5662	1.66 (0.019)	3.23 (0.514)	4.89 (0.520)	1292	1.72 (0.041)	12.24 (1.763)	13.97 (1.781)	1.64 (0.019)					
2 and over...	22	(1.0)	8930	1.63 (0.012)	2.47 (0.394)	4.10 (0.393)	1546	1.71 (0.037)	11.13 (1.611)	12.84 (1.623)	1.61 (0.013)																	

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement riboflavin ⁹ % (SE)		Riboflavin						Supplement Users ⁷		Non-users ⁸	
			All Individuals ⁶									
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	
Under 131% poverty:												
2 - 19.....	6	(1.2)	1422	1.93 (0.041)	0.26*(0.099)	2.20 (0.099)	76	1.97 (0.180)	4.08*(1.468)	6.05 (1.483)	1.93 (0.040)	
20 and over.....	15	(1.5)	1720	1.98 (0.041)	1.06 (0.238)	3.03 (0.240)	252	1.95 (0.074)	6.94 (1.343)	8.89 (1.379)	1.98 (0.049)	
2 and over...	12	(1.1)	3142	1.96 (0.029)	0.79 (0.163)	2.75 (0.166)	328	1.95 (0.083)	6.43 (1.143)	8.38 (1.174)	1.96 (0.033)	
131-185% poverty:												
2 - 19.....	9	(3.5)	399	1.77 (0.055)	0.19*(0.075)	1.96 (0.106)	--	--	--	--	1.74 (0.048)	
20 and over.....	17	(2.1)	728	2.04 (0.091)	0.99 (0.279)	3.02 (0.335)	123	2.69 (0.284)	5.90 (1.595)	8.58 (1.556)	1.91 (0.081)	
2 and over...	15	(2.0)	1127	1.97 (0.065)	0.78 (0.208)	2.74 (0.247)	152	2.58 (0.252)	5.32 (1.345)	7.89 (1.306)	1.86 (0.056)	
Over 185% poverty:												
2 - 19.....	12	(1.3)	1169	2.01 (0.057)	0.24 (0.034)	2.25 (0.069)	123	2.18 (0.137)	1.99 (0.170)	4.16 (0.185)	1.99 (0.056)	
20 and over.....	32	(1.7)	2694	2.25 (0.037)	3.18 (0.381)	5.43 (0.409)	808	2.35 (0.058)	9.90 (1.284)	12.25 (1.305)	2.20 (0.042)	
2 and over...	28	(1.2)	3863	2.20 (0.025)	2.55 (0.328)	4.75 (0.345)	931	2.33 (0.056)	9.17 (1.175)	11.50 (1.193)	2.15 (0.028)	
All Individuals¹⁰:												
2 - 19.....	10	(0.7)	3268	1.97 (0.041)	0.24 (0.039)	2.20 (0.049)	255	2.13 (0.104)	2.39 (0.316)	4.52 (0.314)	1.95 (0.038)	
20 and over.....	26	(1.3)	5662	2.16 (0.029)	2.41 (0.256)	4.57 (0.276)	1294	2.33 (0.053)	9.11 (1.020)	11.45 (1.043)	2.10 (0.032)	
2 and over...	22	(0.9)	8930	2.11 (0.018)	1.86 (0.211)	3.97 (0.222)	1549	2.31 (0.050)	8.35 (0.930)	10.66 (0.946)	2.05 (0.020)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

N i a c i n																		
----- <i>All Individuals</i> ⁶ ----- ----- <i>Supplement Users</i> ⁷ ----- ----- <i>Non-users</i> ⁸ -----																		
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement niacin ⁹		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	6	(1.2)	1422	21.5	(0.42)	1.4	(0.32)	22.9	(0.52)	76	23.5	(1.85)	21.6	(2.11)	45.0	(2.19)	21.4	(0.43)
20 and over.....	15	(1.5)	1720	24.6	(0.50)	4.2	(0.45)	28.8	(0.57)	251	22.9	(1.00)	27.8	(1.61)	50.6	(2.12)	24.9	(0.58)
2 and over...	12	(1.1)	3142	23.6	(0.34)	3.3	(0.33)	26.8	(0.43)	327	23.0	(0.95)	26.7	(1.36)	49.6	(1.73)	23.6	(0.37)
131-185% poverty:																		
2 - 19.....	9	(3.5)	399	19.1	(0.73)	1.4*	(0.52)	20.4	(0.73)		--		--		--		19.4	(0.69)
20 and over.....	17	(2.2)	728	23.6	(0.85)	4.4	(0.68)	28.0	(1.19)	126	28.2	(3.90)	26.0	(1.97)	54.2	(3.96)	22.7	(0.66)
2 and over...	15	(2.0)	1127	22.4	(0.63)	3.6	(0.54)	26.0	(0.88)	155	26.2	(3.42)	24.4	(1.91)	50.6	(3.82)	21.8	(0.57)
Over 185% poverty:																		
2 - 19.....	12	(1.3)	1169	21.6	(0.53)	2.1	(0.28)	23.6	(0.46)	124	19.7	(1.03)	17.0	(1.04)	36.7	(1.63)	21.8	(0.55)
20 and over.....	33	(1.7)	2694	26.7	(0.35)	14.0	(1.31)	40.7	(1.26)	829	26.8	(0.80)	42.0	(4.00)	68.8	(3.88)	26.7	(0.29)
2 and over...	29	(1.2)	3863	25.6	(0.27)	11.4	(1.07)	37.1	(1.09)	953	26.2	(0.71)	39.8	(3.73)	65.9	(3.61)	25.4	(0.21)
All Individuals ¹⁰:																		
2 - 19.....	10	(0.7)	3268	21.3	(0.34)	1.8	(0.18)	23.1	(0.36)	257	20.1	(1.01)	17.6	(0.95)	37.7	(1.70)	21.5	(0.36)
20 and over.....	27	(1.3)	5662	25.9	(0.30)	10.4	(0.85)	36.2	(0.93)	1316	26.3	(0.73)	38.2	(2.97)	64.5	(2.93)	25.7	(0.31)
2 and over...	23	(1.0)	8930	24.7	(0.21)	8.2	(0.67)	32.9	(0.76)	1573	25.6	(0.60)	35.9	(2.69)	61.5	(2.63)	24.4	(0.21)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement vitamin B6 ⁹ % (SE)		V i t a m i n B 6						— Non-users ⁸ —			
			All Individuals ⁶			Supplement Users ⁷						
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	
Under 131% poverty:												
2 - 19.....	11	(1.2)	1422	1.69 (0.043)	0.36 (0.096)	2.05 (0.116)	144	1.74 (0.117)	3.23 (0.847)	4.97 (0.842)	1.68 (0.045)	
20 and over.....	16	(1.4)	1720	1.97 (0.055)	1.72 (0.444)	3.69 (0.443)	255	1.95 (0.087)	11.11 (2.352)	13.05 (2.386)	1.97 (0.069)	
2 and over...	14	(1.2)	3142	1.87 (0.038)	1.26 (0.288)	3.14 (0.280)	399	1.89 (0.081)	9.00 (1.727)	10.89 (1.744)	1.87 (0.050)	
131-185% poverty:												
2 - 19.....	14	(3.0)	399	1.56 (0.065)	0.26*(0.080)	1.82 (0.092)		--	--	--	1.62 (0.073)	
20 and over.....	17	(2.2)	728	1.95 (0.089)	1.59 (0.397)	3.53 (0.417)	128	2.42 (0.345)	9.15 (2.349)	11.56 (2.204)	1.85 (0.070)	
2 and over...	17	(1.9)	1127	1.85 (0.067)	1.24 (0.287)	3.08 (0.296)	177	2.14 (0.289)	7.47 (1.756)	9.60 (1.633)	1.79 (0.062)	
Over 185% poverty:												
2 - 19.....	20	(1.2)	1169	1.72 (0.052)	0.35 (0.029)	2.06 (0.056)	227	1.58 (0.060)	1.71 (0.112)	3.29 (0.148)	1.75 (0.060)	
20 and over.....	33	(1.7)	2694	2.18 (0.034)	4.09 (0.465)	6.27 (0.473)	843	2.23 (0.070)	12.21 (1.327)	14.44 (1.347)	2.15 (0.041)	
2 and over...	31	(1.4)	3863	2.08 (0.029)	3.29 (0.372)	5.37 (0.384)	1070	2.14 (0.059)	10.73 (1.202)	12.87 (1.220)	2.06 (0.035)	
All Individuals¹⁰:												
2 - 19.....	16	(0.8)	3268	1.69 (0.034)	0.33 (0.030)	2.03 (0.043)	458	1.58 (0.056)	2.05 (0.184)	3.62 (0.183)	1.72 (0.040)	
20 and over.....	27	(1.3)	5662	2.11 (0.027)	3.22 (0.273)	5.33 (0.278)	1342	2.21 (0.053)	11.71 (0.977)	13.93 (0.997)	2.07 (0.035)	
2 and over...	25	(1.0)	8930	2.00 (0.022)	2.49 (0.210)	4.49 (0.220)	1800	2.10 (0.046)	10.08 (0.864)	12.18 (0.882)	1.97 (0.029)	

See page 23 for footnotes.

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Family income as % of Federal poverty threshold and age (years)		Percent reporting supplement folic acid ⁹ % (SE)		F o l i c a c i d														
				All Individuals ⁶					Supplement Users ⁷					Non-users ⁸				
				Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)						
Under 131% poverty:																		
2 - 19.....	10	(1.2)	1422	212	(8.6)	39	(8.0)	251	(10.8)	134	209	(27.2)	384	(47.1)	593	(53.3)	213	(8.3)
20 and over.....	16	(1.3)	1720	176	(7.1)	81	(7.7)	257	(9.6)	256	161	(15.0)	503	(25.8)	664	(28.6)	179	(7.9)
2 and over...	14	(1.0)	3142	188	(6.6)	67	(6.3)	255	(8.9)	390	173	(15.5)	474	(21.5)	647	(28.8)	191	(6.3)
131-185% poverty:																		
2 - 19.....	14	(2.9)	399	190	(7.1)	42*	(13.0)	232	(15.1)		--		--		--		190	(9.3)
20 and over.....	18	(2.2)	728	172	(7.9)	91	(13.8)	262	(14.9)	131	178	(14.0)	515	(46.7)	693	(46.6)	171	(10.7)
2 and over...	17	(1.9)	1127	177	(6.7)	78	(10.7)	254	(11.7)	176	180	(13.4)	469	(42.8)	649	(43.3)	176	(9.2)
Over 185% poverty:																		
2 - 19.....	20	(1.3)	1169	217	(13.0)	61	(4.3)	278	(14.7)	218	226	(15.5)	314	(12.3)	540	(24.7)	215	(14.4)
20 and over.....	33	(1.6)	2694	194	(5.5)	149	(6.6)	344	(7.9)	828	200	(8.2)	453	(6.3)	654	(10.1)	192	(6.9)
2 and over...	30	(1.3)	3863	199	(5.5)	130	(4.9)	330	(6.2)	1046	204	(8.0)	434	(7.0)	638	(10.9)	197	(6.8)
All Individuals¹⁰:																		
2 - 19.....	16	(0.7)	3268	215	(8.9)	52	(3.2)	266	(9.1)	435	221	(13.0)	328	(12.4)	549	(20.4)	213	(9.0)
20 and over.....	27	(1.3)	5662	189	(3.5)	127	(4.9)	316	(4.7)	1332	194	(6.6)	464	(8.1)	659	(9.1)	187	(4.2)
2 and over...	24	(1.0)	8930	196	(3.8)	108	(3.8)	303	(4.1)	1767	199	(6.3)	442	(8.1)	641	(10.1)	195	(4.2)

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Family income as % of Federal poverty threshold and age (years)		Percent reporting supplement folate (DFE) ⁹ % (SE)		Folate (DFE)						Sample size		Food plus supplement		Food	
				All Individuals ⁶			Supplement Users ⁷								
		Sample Size	Food	Supplement	Food plus supplement	Food	Supplement	Food plus supplement	Food	Sample size	Food	Supplement	Food plus supplement	Food	
			µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)		µg (SE)	µg (SE)	µg (SE)	µg (SE)	
Under 131% poverty:															
2 - 19.....	10	1422	512 (16.8)	66 (13.6)	578 (19.8)	134	503 (50.1)	652 (80.0)	1156 (94.5)				513 (16.5)		
20 and over.....	16	1720	502 (13.1)	137 (13.0)	639 (17.4)	256	477 (27.0)	856 (43.9)	1333 (51.5)				507 (16.2)		
2 and over...	14	3142	505 (12.3)	113 (10.7)	618 (16.1)	390	483 (28.6)	806 (36.6)	1289 (53.1)				509 (13.2)		
131-185% poverty:															
2 - 19.....	14	399	468 (15.4)	72* (22.2)	540 (26.3)		--	--	--				473 (20.2)		
20 and over.....	18	728	500 (18.9)	154 (23.5)	654 (32.0)	131	554 (45.9)	876 (79.4)	1430 (89.5)				488 (21.3)		
2 and over...	17	1127	491 (16.0)	132 (18.2)	624 (25.1)	176	528 (42.0)	798 (72.8)	1326 (85.9)				484 (19.0)		
Over 185% poverty:															
2 - 19.....	20	1169	527 (22.1)	104 (7.4)	631 (25.1)	218	542 (25.3)	534 (20.9)	1076 (41.0)				523 (24.5)		
20 and over.....	33	2694	566 (11.6)	254 (11.2)	820 (15.5)	828	591 (19.8)	771 (10.8)	1362 (22.9)				553 (13.9)		
2 and over...	30	3863	558 (10.8)	222 (8.4)	779 (12.6)	1046	584 (18.0)	738 (11.8)	1322 (22.9)				546 (13.0)		
All Individuals¹⁰:															
2 - 19.....	16	3268	521 (15.7)	88 (5.4)	608 (16.2)	435	529 (22.7)	558 (21.0)	1087 (35.1)				519 (15.8)		
20 and over.....	27	5662	547 (7.5)	216 (8.3)	762 (8.9)	1332	574 (15.9)	790 (13.8)	1364 (19.0)				536 (9.2)		
2 and over...	24	8930	540 (7.3)	183 (6.5)	723 (7.7)	1767	567 (14.0)	752 (13.8)	1318 (19.6)				531 (8.6)		

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Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement choline ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	4	(0.9)	1422	259	(6.7)	2	(0.4)	261	(6.6)	64	254	(14.1)	42	(4.6)	296	(14.9)	259	(7.0)
20 and over.....	1	(0.5)	1720	328	(9.3)	1*	(0.6)	329	(9.4)		--		--		--	328	(9.4)	
2 and over...	2	(0.5)	3142	305	(7.7)	1*	(0.5)	306	(7.8)	81	285	(15.6)	55	(15.6)	341	(26.2)	305	(8.0)
131-185% poverty:																		
2 - 19.....	10	(2.7)	399	222	(7.3)	4*	(1.1)	226	(7.7)		--		--		--	225	(8.0)	
20 and over.....	2*	(0.6)	728	323	(11.1)	1*	(0.2)	323	(11.2)		--		--		--	324	(11.4)	
2 and over...	4	(1.0)	1127	296	(8.8)	1*	(0.5)	298	(9.0)		--		--		--	300	(9.5)	
Over 185% poverty:																		
2 - 19.....	9	(1.7)	1169	257	(5.3)	3	(0.6)	260	(5.2)	92	256	(13.7)	34	(1.9)	290	(13.4)	257	(5.3)
20 and over.....	3	(0.5)	2694	346	(4.6)	1	(0.4)	347	(4.5)	78	386	(36.8)	42*	(14.3)	428	(38.2)	345	(4.1)
2 and over...	4	(0.5)	3863	327	(4.4)	2	(0.4)	329	(4.4)	170	330	(22.9)	39	(8.0)	369	(22.0)	327	(4.1)
All Individuals¹⁰:																		
2 - 19.....	7	(1.1)	3268	256	(4.9)	3	(0.4)	259	(4.8)	194	250	(10.9)	35	(1.3)	285	(10.8)	257	(5.5)
20 and over.....	3	(0.3)	5662	340	(4.1)	1	(0.3)	341	(4.1)	116	363	(25.2)	44	(12.5)	408	(25.6)	339	(4.1)
2 and over...	4	(0.3)	8930	319	(3.8)	2	(0.3)	320	(3.9)	310	307	(14.1)	40	(6.4)	347	(13.2)	319	(4.0)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

V i t a m i n B 1 2												
----- <i>All Individuals</i> ⁶ ----- ----- <i>Supplement Users</i> ⁷ ----- ----- <i>Non-users</i> ⁸ -----												
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement vitamin B12 ⁹		Sample Size	<i>All Individuals</i> ⁶		<i>Supplement Users</i> ⁷		<i>Supplement Users</i> ⁷		<i>Supplement Users</i> ⁷		Food µg (SE)
	%	(SE)		Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)		
Under 131% poverty:												
2 - 19.....	11	(1.2)	1422	4.83 (0.111)	1.7* (0.61)	6.5 (0.54)	143	4.76 (0.333)	15.1* (5.09)	19.9 (5.09)		4.84 (0.117)
20 and over.....	17	(1.5)	1720	4.91 (0.113)	24.5 (5.77)	29.4 (5.76)	281	4.36 (0.225)	143.2 (26.48)	147.6 (26.47)		5.02 (0.149)
2 and over...	15	(1.2)	3142	4.88 (0.088)	16.8 (3.78)	21.7 (3.76)	424	4.46 (0.215)	111.5 (20.31)	115.9 (20.27)		4.96 (0.111)
131-185% poverty:												
2 - 19.....	14	(3.0)	399	4.36 (0.107)	0.8 (0.20)	5.1 (0.21)		--	--	--		4.39 (0.137)
20 and over.....	18	(2.2)	728	5.13 (0.341)	21.8* (7.73)	26.9 (7.78)	132	7.42 (1.470)	122.1*(41.69)	129.5*(41.29)		4.63 (0.274)
2 and over...	17	(1.9)	1127	4.93 (0.259)	16.2* (5.65)	21.2 (5.67)	180	6.70 (1.214)	96.1*(34.77)	102.8*(34.60)		4.57 (0.202)
Over 185% poverty:												
2 - 19.....	20	(1.2)	1169	4.91 (0.144)	2.4* (1.03)	7.3 (0.95)	227	4.67 (0.226)	11.8* (5.52)	16.4* (5.63)		4.97 (0.185)
20 and over.....	34	(1.6)	2694	5.67 (0.158)	37.3 (4.80)	43.0 (4.90)	856	5.65 (0.202)	110.1 (15.67)	115.7 (15.66)		5.68 (0.201)
2 and over...	31	(1.3)	3863	5.51 (0.107)	29.9 (3.95)	35.4 (4.01)	1083	5.51 (0.170)	96.4 (14.30)	101.9 (14.31)		5.51 (0.123)
All Individuals ¹⁰:												
2 - 19.....	16	(0.8)	3268	4.79 (0.079)	1.9* (0.57)	6.6 (0.54)	456	4.67 (0.156)	11.4* (3.67)	16.0 (3.73)		4.81 (0.096)
20 and over.....	28	(1.3)	5662	5.41 (0.098)	35.2 (3.15)	40.6 (3.17)	1389	5.59 (0.217)	125.3 (14.27)	130.9 (14.20)		5.35 (0.117)
2 and over...	25	(1.1)	8930	5.25 (0.070)	26.7 (2.46)	32.0 (2.48)	1845	5.43 (0.183)	106.4 (12.35)	111.9 (12.29)		5.19 (0.073)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement vitamin C ⁹ % (SE)		V i t a m i n C											
			All Individuals ⁶						Supplement Users ⁷				Non-users ⁸	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)			
Under 131% poverty:														
2 - 19.....	13	(1.4)	1422	82.4 (4.65)	11.9 (2.15)	94.3 (4.37)	155	86.2 (10.36)	93.9 (13.27)	180.1 (19.47)	81.9 (5.52)			
20 and over.....	17	(1.5)	1720	82.9 (2.85)	43.1 (6.09)	126.0 (7.57)	283	90.1 (5.75)	249.8 (24.33)	339.9 (26.58)	81.3 (2.77)			
2 and over...	16	(1.3)	3142	82.7 (1.88)	32.6 (4.52)	115.3 (4.71)	438	89.0 (5.07)	207.3 (21.17)	296.4 (23.27)	81.5 (2.59)			
131-185% poverty:														
2 - 19.....	15	(3.0)	399	75.5 (4.65)	8.2 (2.25)	83.6 (4.37)		--	--	--	78.0 (5.15)			
20 and over.....	19	(2.1)	728	86.2 (6.61)	44.6 (5.84)	130.8 (9.19)	141	97.7 (8.53)	238.5 (32.88)	336.3 (35.31)	83.6 (6.62)			
2 and over...	18	(1.8)	1127	83.4 (5.48)	35.0 (4.27)	118.4 (6.48)	193	89.4 (7.54)	196.2 (24.18)	285.7 (26.92)	82.1 (5.67)			
Over 185% poverty:														
2 - 19.....	24	(1.5)	1169	76.2 (3.55)	24.3 (3.50)	100.5 (5.74)	255	82.0 (3.95)	103.2 (11.05)	185.2 (12.44)	74.5 (4.26)			
20 and over.....	35	(1.7)	2694	89.5 (2.86)	104.6 (12.81)	194.1 (14.65)	898	106.6 (6.85)	298.1 (35.75)	404.6 (40.71)	80.2 (1.94)			
2 and over...	33	(1.5)	3863	86.6 (1.96)	87.4 (10.47)	174.1 (11.68)	1153	102.8 (5.86)	268.0 (31.53)	370.8 (35.76)	78.8 (1.86)			
All Individuals¹⁰:														
2 - 19.....	19	(1.1)	3268	79.6 (2.92)	17.9 (2.15)	97.5 (2.91)	503	81.6 (5.01)	95.3 (8.22)	176.9 (10.92)	79.2 (3.43)			
20 and over.....	29	(1.2)	5662	88.6 (1.77)	83.3 (8.71)	171.9 (9.49)	1452	103.6 (4.70)	283.7 (29.28)	387.3 (32.47)	82.4 (1.77)			
2 and over...	27	(1.0)	8930	86.3 (1.46)	66.6 (6.69)	153.0 (7.11)	1955	99.7 (3.89)	250.0 (24.92)	349.7 (27.45)	81.5 (1.80)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting vitamin D ⁹ % (SE)		V i t a m i n D											
			All Individuals ⁶					Supplement Users ⁷					Non-users ⁸	
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)			
Under 131% poverty:														
2 - 19.....	11	(1.3)	1422	6.0 (0.16)	1.1 (0.18)	7.1 (0.20)	145	5.6 (0.53)	10.1 (0.82)	15.7 (0.81)	6.1 (0.17)			
20 and over.....	19	(1.1)	1720	4.7 (0.15)	6.5* (2.17)	11.2 (2.23)	316	4.8 (0.38)	34.8*(12.25)	39.7*(12.43)	4.7 (0.17)			
2 and over...	16	(1.0)	3142	5.1 (0.10)	4.7* (1.46)	9.8 (1.51)	461	5.0 (0.35)	29.0* (9.38)	34.1 (9.56)	5.2 (0.12)			
131-185% poverty:														
2 - 19.....	15	(3.1)	399	5.2 (0.21)	1.2 (0.33)	6.4 (0.48)		--	--	--	5.1 (0.20)			
20 and over.....	23	(2.4)	728	4.6 (0.31)	4.4 (0.61)	9.1 (0.70)	167	5.6 (0.58)	19.1 (1.83)	24.7 (1.65)	4.4 (0.43)			
2 and over...	21	(2.2)	1127	4.8 (0.22)	3.6 (0.48)	8.4 (0.58)	218	5.6 (0.52)	17.1 (1.50)	22.7 (1.51)	4.6 (0.31)			
Over 185% poverty:														
2 - 19.....	21	(1.0)	1169	6.0 (0.21)	3.0* (0.97)	9.0 (0.99)	239	6.7 (0.34)	14.0* (4.50)	20.7 (4.48)	5.8 (0.21)			
20 and over.....	37	(1.6)	2694	5.3 (0.22)	9.1 (0.83)	14.4 (0.81)	947	5.5 (0.31)	24.5 (1.90)	30.0 (1.95)	5.3 (0.21)			
2 and over...	34	(1.3)	3863	5.5 (0.20)	7.8 (0.68)	13.3 (0.65)	1186	5.6 (0.30)	23.1 (1.78)	28.7 (1.78)	5.4 (0.17)			
All Individuals¹⁰:														
2 - 19.....	17	(0.7)	3268	6.0 (0.13)	2.2 (0.54)	8.1 (0.56)	476	6.4 (0.28)	12.7 (3.06)	19.1 (3.08)	5.9 (0.15)			
20 and over.....	31	(1.2)	5662	5.1 (0.14)	8.3 (0.76)	13.5 (0.75)	1565	5.4 (0.21)	26.8 (2.29)	32.2 (2.36)	5.0 (0.15)			
2 and over...	28	(1.0)	8930	5.3 (0.11)	6.8 (0.58)	12.1 (0.56)	2041	5.6 (0.21)	24.5 (1.93)	30.1 (1.99)	5.2 (0.12)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

V i t a m i n K																		
----- <i>All Individuals</i> ⁶ ----- ----- <i>Supplement Users</i> ⁷ ----- ----- <i>Non-users</i> ⁸ -----																		
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement vitamin K ⁹		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	2	(0.6)	1422	53.6 (2.59)	0.5* (0.27)	54.1 (2.59)	--	--	--	188	90.7 (10.99)	35.2 (3.87)	125.8 (11.87)	53.5 (2.70)				
20 and over.....	11	(0.7)	1720	84.0 (4.73)	3.7 (0.46)	87.8 (4.88)	188	90.7 (10.99)	35.2 (3.87)	125.8 (11.87)	83.2 (4.96)							
2 and over...	8	(0.6)	3142	73.7 (3.18)	2.7 (0.34)	76.4 (3.25)	201	88.2 (9.18)	35.1 (3.39)	123.3 (10.32)	72.5 (3.27)							
131-185% poverty:																		
2 - 19.....	1*	(0.4)	399	53.5 (5.83)	0.2* (0.09)	53.7 (5.86)	--	--	--	107	119.2 (27.66)	29.4 (2.30)	148.7 (27.99)	53.1 (5.85)				
20 and over.....	15	(2.0)	728	94.0 (9.27)	4.3 (0.68)	98.3 (9.66)	107	119.2 (27.66)	29.4 (2.30)	148.7 (27.99)	89.7 (8.77)							
2 and over...	11	(1.5)	1127	83.3 (7.93)	3.2 (0.51)	86.5 (8.24)	113	118.8 (27.09)	29.4 (2.26)	148.1 (27.41)	78.9 (7.06)							
Over 185% poverty:																		
2 - 19.....	3	(0.8)	1169	57.8 (2.38)	1.0* (0.35)	58.8 (2.45)	--	--	--	674	128.4 (10.22)	33.4 (1.37)	161.9 (10.33)	57.7 (2.53)				
20 and over.....	26	(1.8)	2694	114.3 (5.34)	8.7 (0.67)	122.9 (5.35)	674	128.4 (10.22)	33.4 (1.37)	161.9 (10.33)	109.3 (4.96)							
2 and over...	21	(1.2)	3863	102.2 (4.60)	7.0 (0.47)	109.2 (4.61)	708	126.3 (9.92)	33.4 (1.24)	159.7 (10.00)	95.7 (4.24)							
All Individuals ¹⁰:																		
2 - 19.....	3	(0.7)	3268	55.2 (1.30)	0.8* (0.25)	56.0 (1.34)	--	--	--	1056	124.0 (8.34)	33.3 (1.22)	157.3 (8.55)	55.0 (1.38)				
20 and over.....	21	(1.3)	5662	104.5 (4.24)	7.0 (0.42)	111.6 (4.24)	1056	124.0 (8.34)	33.3 (1.22)	157.3 (8.55)	99.3 (3.93)							
2 and over...	16	(0.9)	8930	92.0 (3.51)	5.4 (0.30)	97.4 (3.51)	1117	121.5 (7.96)	33.2 (1.08)	154.7 (8.10)	86.2 (3.22)							

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

L y c o p e n e																		
----- <i>All Individuals</i> ⁶ ----- ----- <i>Supplement Users</i> ⁷ ----- ----- <i>Non-users</i> ⁸ -----																		
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement lycopene ⁹		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	1*	(0.5)	1422	4628 (379.1)	7*	(3.8)	4635 (380.3)				--	--	--				4531 (336.8)	
20 and over.....	5	(0.6)	1720	4938 (318.2)	22	(3.0)	4960 (319.8)	95	5642(1847.6)	436	(55.2)	6078(1866.7)				4900 (331.0)		
2 and over...	4	(0.5)	3142	4833 (278.0)	17	(3.0)	4850 (279.9)	101	6433(1683.5)	463	(54.0)	6896(1701.3)				4772 (269.1)		
131-185% poverty:																		
2 - 19.....	1*	(0.4)	399	3857 (354.6)	4*	(3.1)	3861 (355.2)				--	--	--				3863 (358.6)	
20 and over.....	6	(1.4)	728	5216 (605.8)	27	(6.9)	5243 (607.6)				--	--	--				4876 (548.6)	
2 and over...	5	(1.0)	1127	4858 (450.9)	21	(5.1)	4879 (452.0)				--	--	--				4597 (405.7)	
Over 185% poverty:																		
2 - 19.....	1*	(0.4)	1169	4616 (344.3)	4*	(1.7)	4620 (345.7)				--	--	--				4641 (353.0)	
20 and over.....	15	(0.5)	2694	5618 (363.4)	103	(17.3)	5721 (370.6)	415	6298 (598.7)	695	(111.3)	6994 (639.3)				5501 (355.0)		
2 and over...	12	(0.4)	3863	5404 (318.0)	82	(12.9)	5486 (324.5)	423	6221 (582.6)	690	(109.1)	6911 (621.7)				5294 (310.5)		
All Individuals ¹⁰:																		
2 - 19.....	1	(0.4)	3268	4638 (251.4)	5*	(1.8)	4644 (252.3)				--	--	--				4630 (255.3)	
20 and over.....	12	(0.4)	5662	5460 (277.7)	73	(11.1)	5534 (281.0)	602	6430 (715.3)	637	(87.7)	7067 (723.7)				5334 (254.3)		
2 and over...	9	(0.3)	8930	5251 (220.7)	56	(8.0)	5307 (224.0)	622	6396 (680.7)	632	(83.9)	7028 (685.7)				5140 (204.3)		

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement lutein + zeaxanthin ⁹ % (SE)		L u t e i n + z e a x a n t h i n						- Non-users ⁸ -				
			All Individuals ⁶			Supplement Users ⁷							
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)		
Under 131% poverty:													
2 - 19.....	1*	(0.5)	1422	755 (52.1)	7* (4.0)	761 (53.6)		--	--	--		756 (52.8)	
20 and over.....	5	(0.6)	1720	1227 (80.7)	47* (22.0)	1274 (78.5)	85	1688 (505.3)	1002*(499.6)	2690 (680.0)		1205 (77.8)	
2 and over...	3	(0.5)	3142	1068 (60.8)	33* (13.3)	1101 (58.7)	88	1612 (433.0)	1002*(451.0)	2614 (594.7)		1049 (58.0)	
131-185% poverty:													
2 - 19.....	#		399	669 (73.6)	4* (3.1)	673 (73.8)		--	--	--		670 (73.9)	
20 and over.....	5	(1.0)	728	1303 (164.3)	410*(200.0)	1713 (259.6)		--	--	--		1294 (176.4)	
2 and over...	4	(0.7)	1127	1136 (136.2)	303*(147.6)	1439 (201.3)		--	--	--		1124 (144.1)	
Over 185% poverty:													
2 - 19.....	1*	(0.4)	1169	775 (48.5)	4* (1.6)	779 (48.8)		--	--	--		775 (49.1)	
20 and over.....	13	(0.6)	2694	1708 (120.0)	112 (22.4)	1820 (115.9)	371	2103 (229.6)	859 (165.6)	2962 (222.6)		1648 (128.5)	
2 and over...	10	(0.4)	3863	1508 (102.5)	89 (17.5)	1597 (99.5)	378	2077 (228.9)	849 (162.9)	2927 (223.9)		1442 (108.1)	
All Individuals¹⁰:													
2 - 19.....	1	(0.3)	3268	759 (35.8)	5* (1.7)	764 (36.1)		--	--	--		760 (36.4)	
20 and over.....	10	(0.4)	5662	1535 (91.8)	128 (33.3)	1663 (89.4)	545	1978 (206.7)	1245 (316.8)	3223 (303.4)		1484 (96.0)	
2 and over...	8	(0.3)	8930	1337 (76.6)	96 (24.8)	1434 (75.3)	560	1941 (199.3)	1225 (310.4)	3166 (300.5)		1286 (79.5)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement calcium ⁹ % (SE)		C a l c i u m													
			All Individuals ⁶						Supplement Users ⁷						Non-users ⁸	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
Under 131% poverty:																
2 - 19.....	7	(1.1)	1422	1039 (23.9)	16 (3.8)	1055 (24.0)	76	957 (49.4)	247 (34.5)	1204 (55.5)	1045 (23.5)					
20 and over.....	20	(1.4)	1720	941 (18.2)	102 (6.7)	1043 (20.6)	340	949 (44.6)	523 (26.2)	1472 (50.8)	939 (24.1)					
2 and over...	15	(1.1)	3142	974 (15.0)	73 (4.7)	1047 (17.0)	416	951 (40.2)	483 (23.9)	1433 (49.6)	978 (16.6)					
131-185% poverty:																
2 - 19.....	9	(3.8)	399	980 (64.3)	11* (4.2)	991 (67.7)		--	--	--	944 (43.4)					
20 and over.....	24	(2.6)	728	964 (48.1)	124 (15.0)	1088 (47.9)	176	1115 (106.2)	527 (40.0)	1642 (101.6)	917 (54.7)					
2 and over...	20	(2.4)	1127	968 (39.7)	95 (11.7)	1063 (40.1)	203	1143 (104.3)	480 (42.7)	1623 (95.8)	925 (41.3)					
Over 185% poverty:																
2 - 19.....	13	(1.4)	1169	1087 (29.4)	29 (4.2)	1116 (31.4)	127	1203 (66.6)	229 (28.7)	1432 (62.5)	1070 (31.5)					
20 and over.....	37	(1.5)	2694	1052 (17.7)	206 (10.9)	1258 (19.0)	976	1082 (31.0)	554 (20.6)	1636 (32.3)	1035 (23.3)					
2 and over...	32	(1.3)	3863	1060 (13.7)	168 (8.9)	1228 (16.3)	1103	1092 (31.6)	527 (20.1)	1619 (32.1)	1044 (17.2)					
All Individuals¹⁰:																
2 - 19.....	10	(0.8)	3268	1065 (18.0)	23 (3.1)	1089 (19.2)	254	1174 (44.7)	229 (22.3)	1403 (49.2)	1053 (18.7)					
20 and over.....	32	(1.2)	5662	1014 (10.6)	175 (7.8)	1189 (10.1)	1629	1061 (24.6)	553 (16.8)	1614 (20.3)	992 (14.2)					
2 and over...	26	(1.0)	8930	1027 (6.8)	136 (6.0)	1163 (7.6)	1883	1072 (24.3)	521 (16.3)	1593 (20.2)	1011 (9.8)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

P h o s p h o r u s																		
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement phosphorus ⁹ % (SE)		— All Individuals ⁶ —						— Supplement Users ⁷ —				— Non-users ⁸ —					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	4	(1.0)	1422	1275 (17.4)	6*	(1.8)	1281 (17.4)		--	--	--		1280 (18.2)					
20 and over.....	8	(1.0)	1720	1337 (23.8)	5	(1.1)	1342 (24.4)	143	1358 (60.9)	60	(9.5)	1419 (62.9)	1335 (26.3)					
2 and over...	7	(0.8)	3142	1316 (14.7)	5	(1.0)	1321 (15.3)	197	1316 (60.5)	76	(9.5)	1392 (60.4)	1316 (16.6)					
131-185% poverty:																		
2 - 19.....	8	(3.9)	399	1200 (60.3)	8*	(3.8)	1208 (63.5)		--	--	--		1190 (53.1)					
20 and over.....	10	(1.3)	728	1332 (49.8)	6	(1.5)	1338 (49.7)	80	1618 (125.6)	59	(14.1)	1677 (131.4)	1301 (54.9)					
2 and over...	9	(1.7)	1127	1297 (41.5)	6	(1.7)	1304 (42.1)	102	1548 (112.1)	68	(11.6)	1616 (116.4)	1272 (43.6)					
Over 185% poverty:																		
2 - 19.....	8	(1.5)	1169	1323 (32.8)	8	(1.5)	1331 (32.9)	84	1393 (81.8)	93	(5.0)	1486 (82.1)	1317 (35.6)					
20 and over.....	19	(1.3)	2694	1457 (21.4)	10	(0.7)	1467 (21.4)	490	1460 (41.6)	55	(3.7)	1515 (42.8)	1456 (21.2)					
2 and over...	16	(0.9)	3863	1428 (14.2)	10	(0.6)	1438 (14.2)	574	1453 (41.4)	59	(3.2)	1512 (42.4)	1423 (13.9)					
All Individuals¹⁰:																		
2 - 19.....	7	(0.8)	3268	1298 (20.0)	7	(0.9)	1305 (20.0)	177	1340 (53.7)	102	(4.6)	1441 (53.7)	1295 (21.3)					
20 and over.....	15	(0.9)	5662	1415 (14.3)	9	(0.6)	1423 (14.3)	783	1453 (40.3)	56	(4.6)	1508 (41.4)	1408 (15.4)					
2 and over...	13	(0.7)	8930	1385 (7.9)	8	(0.6)	1393 (7.9)	960	1438 (39.6)	62	(4.3)	1500 (40.4)	1377 (9.3)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement magnesium ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement			
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	6	(1.3)	1422	230	(4.2)	3*	(1.4)	233	(4.3)	72	238	(12.7)	53	(15.4)	291	(17.3)	229	(4.4)
20 and over.....	14	(1.4)	1720	286	(4.5)	14	(1.5)	300	(5.0)	243	307	(12.2)	95	(8.4)	402	(15.1)	283	(6.7)
2 and over...	11	(1.1)	3142	267	(3.5)	10	(1.2)	277	(4.0)	315	295	(11.9)	88	(7.0)	383	(14.1)	263	(4.9)
131-185% poverty:																		
2 - 19.....	8	(3.3)	399	225	(5.7)	2*	(0.7)	227	(5.9)		--		--		--		225	(6.3)
20 and over.....	18	(2.1)	728	289	(12.1)	18	(3.7)	307	(13.5)	129	347	(43.2)	104	(13.6)	451	(44.3)	276	(10.0)
2 and over...	15	(2.0)	1127	272	(8.7)	14	(2.8)	286	(9.8)	157	330	(38.1)	92	(10.0)	423	(38.5)	261	(7.6)
Over 185% poverty:																		
2 - 19.....	11	(1.7)	1169	244	(5.5)	3	(0.5)	247	(5.6)	117	259	(12.9)	30	(3.9)	288	(13.6)	242	(5.7)
20 and over.....	31	(1.6)	2694	316	(3.4)	33	(1.5)	349	(4.0)	808	335	(8.5)	105	(5.5)	440	(11.6)	308	(3.2)
2 and over...	27	(1.3)	3863	301	(2.7)	27	(1.2)	327	(3.4)	925	328	(8.3)	98	(5.3)	427	(11.5)	291	(2.7)
All Individuals¹⁰:																		
2 - 19.....	9	(0.9)	3268	239	(3.0)	3	(0.7)	242	(3.4)	240	251	(9.0)	38	(6.8)	289	(12.6)	238	(3.0)
20 and over.....	26	(1.3)	5662	307	(2.9)	27	(1.3)	334	(2.8)	1288	332	(7.9)	104	(5.0)	437	(9.9)	298	(3.6)
2 and over...	22	(1.0)	8930	290	(2.0)	21	(1.0)	311	(2.1)	1528	324	(7.2)	97	(4.8)	421	(9.0)	280	(2.7)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement iron ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																
2 - 19.....	5	(1.0)	1422	13.7 (0.40)	1.1 (0.30)	14.8 (0.52)	62	13.5 (1.26)	22.6 (2.68)	36.1 (2.76)	13.7 (0.40)					
20 and over.....	11	(1.4)	1720	14.4 (0.30)	2.7 (0.35)	17.1 (0.43)	181	13.5 (0.54)	23.6 (1.82)	37.1 (1.78)	14.5 (0.33)					
2 and over...	9	(1.0)	3142	14.2 (0.24)	2.2 (0.26)	16.3 (0.36)	243	13.5 (0.53)	23.4 (1.61)	37.0 (1.53)	14.2 (0.27)					
131-185% poverty:																
2 - 19.....	8	(3.4)	399	13.1 (0.49)	1.6* (0.60)	14.7 (0.52)		--	--	--	13.4 (0.42)					
20 and over.....	13	(1.5)	728	14.0 (0.45)	3.5 (0.53)	17.5 (0.69)	95	14.8 (1.14)	27.4 (3.66)	42.1 (3.54)	13.8 (0.44)					
2 and over...	12	(1.5)	1127	13.7 (0.33)	3.0 (0.43)	16.7 (0.51)	121	13.9 (1.00)	25.9 (3.04)	39.8 (3.04)	13.7 (0.34)					
Over 185% poverty:																
2 - 19.....	10	(1.7)	1169	14.0 (0.39)	1.7 (0.34)	15.6 (0.45)	98	14.3 (1.06)	17.3 (1.07)	31.6 (1.86)	13.9 (0.41)					
20 and over.....	19	(1.1)	2694	15.7 (0.26)	4.0 (0.35)	19.7 (0.48)	455	16.7 (0.79)	21.3 (1.09)	38.1 (1.58)	15.5 (0.26)					
2 and over...	17	(0.9)	3863	15.3 (0.18)	3.5 (0.26)	18.8 (0.39)	553	16.4 (0.71)	20.8 (0.91)	37.3 (1.33)	15.1 (0.19)					
All Individuals¹⁰:																
2 - 19.....	8	(1.0)	3268	13.8 (0.25)	1.5 (0.23)	15.3 (0.31)	205	13.4 (0.98)	18.5 (1.07)	31.9 (1.63)	13.9 (0.24)					
20 and over.....	16	(0.8)	5662	15.3 (0.15)	3.6 (0.25)	18.9 (0.27)	802	16.0 (0.54)	21.9 (0.91)	37.9 (1.21)	15.1 (0.18)					
2 and over...	14	(0.6)	8930	14.9 (0.10)	3.1 (0.18)	17.9 (0.20)	1007	15.6 (0.51)	21.4 (0.75)	37.1 (1.01)	14.8 (0.11)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement zinc ⁹ % (SE)		Z i n c													
			All Individuals ⁶						Supplement Users ⁷						Non-users ⁸	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
Under 131% poverty:																
2 - 19.....	10	(1.3)	1422	10.4 (0.25)	0.9 (0.19)	11.3 (0.28)	130	10.1 (0.66)	9.1 (1.24)	19.1 (1.27)	10.5 (0.30)					
20 and over.....	15	(1.4)	1720	11.2 (0.25)	2.5 (0.36)	13.7 (0.48)	244	10.6 (0.48)	16.8 (1.39)	27.4 (1.41)	11.3 (0.32)					
2 and over...	13	(1.2)	3142	11.0 (0.20)	2.0 (0.26)	12.9 (0.37)	374	10.5 (0.43)	14.9 (1.15)	25.4 (1.25)	11.0 (0.26)					
131-185% poverty:																
2 - 19.....	14	(3.0)	399	9.6 (0.23)	1.1* (0.40)	10.7 (0.54)		--	--	--	9.7 (0.27)					
20 and over.....	17	(2.2)	728	11.2 (0.42)	3.1 (0.38)	14.3 (0.73)	127	13.5 (1.68)	18.2 (1.55)	31.7 (1.76)	10.8 (0.43)					
2 and over...	16	(1.9)	1127	10.8 (0.33)	2.6 (0.30)	13.4 (0.57)	173	12.3 (1.41)	15.8 (1.13)	28.1 (1.53)	10.5 (0.35)					
Over 185% poverty:																
2 - 19.....	18	(1.7)	1169	10.3 (0.24)	1.5 (0.20)	11.9 (0.33)	213	10.0 (0.30)	8.2 (0.79)	18.2 (0.86)	10.4 (0.28)					
20 and over.....	31	(1.7)	2694	12.4 (0.21)	4.8 (0.29)	17.2 (0.38)	798	13.2 (0.52)	15.5 (0.56)	28.7 (0.74)	12.0 (0.20)					
2 and over...	28	(1.5)	3863	12.0 (0.15)	4.1 (0.20)	16.1 (0.27)	1011	12.7 (0.47)	14.5 (0.47)	27.2 (0.69)	11.6 (0.15)					
All Individuals ¹⁰:																
2 - 19.....	15	(1.1)	3268	10.3 (0.14)	1.3 (0.11)	11.6 (0.19)	421	9.9 (0.23)	8.6 (0.50)	18.5 (0.57)	10.4 (0.17)					
20 and over.....	26	(1.3)	5662	12.0 (0.16)	4.1 (0.20)	16.0 (0.27)	1280	12.8 (0.43)	15.8 (0.46)	28.6 (0.52)	11.7 (0.18)					
2 and over...	23	(1.1)	8930	11.5 (0.12)	3.4 (0.14)	14.9 (0.20)	1701	12.3 (0.37)	14.6 (0.40)	26.9 (0.48)	11.3 (0.13)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement copper ⁹ % (SE)		C o p p e r						Supplement Users ⁷		- Non-users ⁸ -	
			All Individuals ⁶									
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	
Under 131% poverty:												
2 - 19.....	5	(1.0)	1422	0.9 (0.02)	0.1 (0.03)	1.1 (0.03)			--	--	--	0.9 (0.02)
20 and over.....	12	(0.9)	1720	1.2 (0.02)	0.2 (0.03)	1.4 (0.04)	211	1.2 (0.04)	1.4 (0.19)	2.6 (0.19)		1.2 (0.03)
2 and over...	10	(0.8)	3142	1.1 (0.02)	0.2 (0.02)	1.3 (0.03)	272	1.2 (0.04)	1.5 (0.16)	2.7 (0.17)		1.1 (0.02)
131-185% poverty:												
2 - 19.....	8	(3.5)	399	0.9 (0.02)	0.2* (0.07)	1.1 (0.08)			--	--	--	0.9 (0.03)
20 and over.....	16	(2.1)	728	1.3 (0.06)	0.2 (0.03)	1.5 (0.09)	118	1.7 (0.21)	1.3 (0.11)	2.9 (0.28)		1.2 (0.05)
2 and over...	14	(2.0)	1127	1.2 (0.04)	0.2 (0.03)	1.4 (0.07)	142	1.6 (0.19)	1.4 (0.10)	2.9 (0.23)		1.1 (0.04)
Over 185% poverty:												
2 - 19.....	9	(1.6)	1169	1.0 (0.03)	0.2 (0.03)	1.2 (0.03)	102	1.1 (0.06)	1.8 (0.07)	2.9 (0.09)		1.0 (0.03)
20 and over.....	29	(1.8)	2694	1.4 (0.02)	0.4 (0.03)	1.7 (0.03)	742	1.5 (0.04)	1.3 (0.06)	2.8 (0.07)		1.3 (0.02)
2 and over...	25	(1.4)	3863	1.3 (0.02)	0.3 (0.02)	1.6 (0.03)	844	1.5 (0.04)	1.3 (0.05)	2.8 (0.07)		1.2 (0.02)
All Individuals ¹⁰:												
2 - 19.....	8	(0.8)	3268	1.0 (0.02)	0.1 (0.02)	1.2 (0.02)	207	1.1 (0.05)	1.9 (0.05)	3.0 (0.05)		1.0 (0.02)
20 and over.....	24	(1.3)	5662	1.3 (0.01)	0.3 (0.02)	1.6 (0.02)	1171	1.5 (0.03)	1.3 (0.05)	2.8 (0.05)		1.3 (0.01)
2 and over...	20	(1.0)	8930	1.2 (0.01)	0.3 (0.01)	1.5 (0.02)	1378	1.4 (0.03)	1.3 (0.04)	2.8 (0.05)		1.2 (0.01)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement sodium ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																
2 - 19.....	4	(0.9)	1422	3100 (48.6)	1	(0.1)	3101 (48.5)		--	--	--		3105	(46.4)		
20 and over.....	2	(0.5)	1720	3465 (49.3)	1*	(0.2)	3466 (49.3)		--	--	--		3471	(50.2)		
2 and over...	3	(0.5)	3142	3342 (40.0)	1	(0.2)	3342 (40.0)	102	3089 (156.7)	23	(3.6)	3112 (157.2)	3349	(39.5)		
131-185% poverty:																
2 - 19.....	8	(3.7)	399	2794 (97.4)	1*	(0.4)	2795 (97.7)		--	--	--		2813	(115.0)		
20 and over.....	4	(0.9)	728	3340 (79.4)	2*	(0.7)	3342 (79.5)		--	--	--		3312	(83.7)		
2 and over...	5	(1.2)	1127	3197 (59.0)	1*	(0.5)	3198 (59.1)		--	--	--		3185	(68.5)		
Over 185% poverty:																
2 - 19.....	8	(1.6)	1169	3120 (92.5)	1	(0.2)	3121 (92.5)	79	2668 (265.7)	11	(0.7)	2678 (265.6)	3157	(99.9)		
20 and over.....	6	(0.8)	2694	3691 (38.0)	2	(0.4)	3693 (38.2)	157	3476 (243.2)	38	(5.1)	3514 (245.5)	3705	(36.4)		
2 and over...	6	(0.8)	3863	3569 (27.5)	2	(0.3)	3571 (27.7)	236	3272 (213.5)	31	(4.0)	3303 (215.9)	3589	(26.1)		
All Individuals¹⁰:																
2 - 19.....	6	(0.9)	3268	3088 (58.6)	1	(0.1)	3089 (58.6)	175	2748 (189.4)	11	(0.6)	2759 (189.3)	3111	(61.4)		
20 and over.....	5	(0.5)	5662	3593 (31.6)	2	(0.3)	3595 (31.7)	256	3444 (187.3)	39	(3.7)	3482 (189.0)	3601	(34.7)		
2 and over...	6	(0.4)	8930	3464 (20.7)	2	(0.2)	3466 (20.7)	431	3237 (156.7)	31	(3.1)	3268 (158.7)	3477	(23.8)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting potassium ⁹ % (SE)		P o t a s s i u m						—All Individuals ⁶ —		—Supplement Users ⁷ —		—Non-users ⁸ —	
			Sample Size	Food	Supplement	Food plus supplement	Sample size	Food	Supplement	Food plus supplement	Food			
				mg (SE)	mg (SE)	mg (SE)		mg (SE)	mg (SE)	mg (SE)	mg (SE)			
Under 131% poverty:														
2 - 19.....	1*	(0.5)	1422	2216 (43.6)	1*	(0.7)	2217 (43.5)		--	--	--		2215 (43.6)	
20 and over.....	10	(1.1)	1720	2563 (42.4)	10	(2.3)	2573 (42.9)	166	2772 (76.3)	102	(18.9)	2874 (80.6)	2540 (41.3)	
2 and over...	7	(0.8)	3142	2446 (31.2)	7	(1.5)	2453 (31.4)	174	2746 (71.8)	102	(17.9)	2849 (76.6)	2423 (30.9)	
131-185% poverty:														
2 - 19.....	1*	(0.3)	399	2093 (44.7)	#		2094 (44.7)		--	--	--		2086 (43.7)	
20 and over.....	14	(1.7)	728	2630 (94.7)	14	(1.8)	2644 (95.5)	102	3281 (313.5)	95	(6.5)	3376 (314.0)	2523 (92.7)	
2 and over...	11	(1.2)	1127	2489 (65.2)	10	(1.3)	2499 (65.8)	106	3283 (308.8)	95	(6.4)	3378 (309.2)	2395 (62.4)	
Over 185% poverty:														
2 - 19.....	2	(0.6)	1169	2251 (48.4)	1*	(0.5)	2252 (48.7)		--	--	--		2246 (47.9)	
20 and over.....	24	(1.4)	2694	2872 (33.5)	23	(1.5)	2895 (33.9)	618	3122 (81.3)	96	(5.0)	3217 (82.1)	2796 (38.0)	
2 and over...	19	(1.0)	3863	2739 (30.4)	18	(1.2)	2757 (30.8)	638	3108 (80.2)	95	(5.1)	3203 (81.2)	2653 (34.1)	
All Individuals¹⁰:														
2 - 19.....	2	(0.5)	3268	2234 (33.4)	1*	(0.5)	2235 (33.7)		--	--	--		2228 (32.5)	
20 and over.....	19	(1.1)	5662	2781 (24.5)	18	(1.3)	2799 (24.6)	970	3074 (74.7)	96	(3.6)	3170 (75.6)	2710 (31.0)	
2 and over...	15	(0.8)	8930	2642 (18.8)	14	(1.0)	2656 (18.9)	1005	3060 (72.9)	95	(3.5)	3155 (73.8)	2569 (25.0)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting selenium ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																
2 - 19.....	2	(0.7)	1422	95.4 (2.11)	1.3* (0.61)	96.7 (2.24)								95.1 (2.19)		
20 and over.....	11	(0.8)	1720	108.0 (2.68)	7.4 (0.92)	115.4 (2.90)	206	104.5 (6.75)	64.4 (6.64)	169.0 (8.62)				108.5 (2.81)		
2 and over...	8	(0.6)	3142	103.8 (2.05)	5.3 (0.71)	109.1 (2.26)	217	105.1 (5.70)	65.4 (6.28)	170.5 (8.03)				103.6 (2.13)		
131-185% poverty:																
2 - 19.....	1*	(0.3)	399	80.4 (2.67)	0.6* (0.31)	81.0 (2.65)								79.9 (2.70)		
20 and over.....	15	(2.2)	728	105.7 (3.61)	10.5 (1.88)	116.2 (4.91)	113	133.3 (12.15)	67.8 (5.67)	201.1 (15.68)				100.7 (3.97)		
2 and over...	12	(1.6)	1127	99.1 (2.83)	7.9 (1.38)	106.9 (3.73)	117	133.8 (12.11)	68.2 (5.58)	202.0 (15.60)				94.5 (3.04)		
Over 185% poverty:																
2 - 19.....	3	(1.0)	1169	97.3 (2.70)	1.7* (0.63)	99.0 (2.93)								97.1 (2.61)		
20 and over.....	28	(1.7)	2694	115.8 (1.56)	20.3 (1.07)	136.1 (1.16)	728	113.2 (3.72)	71.4 (2.59)	184.5 (4.68)				116.9 (1.42)		
2 and over...	23	(1.2)	3863	111.9 (1.09)	16.3 (0.77)	128.2 (1.00)	762	112.9 (3.68)	70.8 (2.42)	183.7 (4.54)				111.5 (1.06)		
All Individuals ¹⁰:																
2 - 19.....	3	(0.8)	3268	95.3 (1.74)	1.5* (0.55)	96.9 (2.04)								94.9 (1.61)		
20 and over.....	23	(1.3)	5662	113.0 (1.45)	16.0 (0.68)	128.9 (1.12)	1142	113.5 (3.21)	69.4 (2.23)	182.9 (3.53)				112.8 (1.43)		
2 and over...	18	(0.9)	8930	108.5 (1.05)	12.3 (0.53)	120.8 (0.94)	1197	113.4 (2.99)	69.0 (2.08)	182.4 (3.25)				107.4 (1.09)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Symbol Legend

* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimated means and percentages are as follows:

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting a supplement intake: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.04.

Indicates a non-zero value too small to report.

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF).

Footnotes

¹ Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

² Selection of the 22 vitamins, minerals, and carotenoids was based on the availability of Day 1 nutrient intakes from both food and dietary supplements. At the time of this release, supplement data were not available for vitamin A, vitamin E, and other carotenoids.

Niacin: values do not include niacin-equivalents from tryptophan.

Folic acid: the synthetic form of folate used as a fortificant in foods and dietary supplements.

Folate (DFE): μg dietary folate equivalents = μg food folate + $(1.7 \times \mu\text{g}$ folic acid).

Vitamin D: $1 \mu\text{g} = 40$ International Units (IU).

Calcium and Magnesium: supplement intake includes non-prescription antacids.

³ **Food intake** was estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2009-2010. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011). Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0.

⁴ **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_F) of NHANES 2009-2010. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: http://www.cdc.gov/nchs/nhanes/nhanes2009-2010/DS1TOT_F.htm.

⁵ Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

⁶ **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females and breast-fed children were excluded.

⁷ **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

⁸ **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

⁹ The weighted percentage of respondents in the income/age group who reported taking at least one multi- and/or single- nutrient supplement containing this nutrient.

¹⁰ Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

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